A Note from the Principal

We had a great turnout for Back-to-School Night! It was exciting to see so many parents/guardians in the building interacting with the faculty and staff. I hope you had an informative evening and enjoyed the time spent with us hearing about what your child will learn this year.

The Back-to-School dance was a great success, with over 400 students in attendance. In addition to dancing, students were excited about the inflatable obstacle course, recreational volleyball in the gym, and the Kahoot competitions in room 120. It was a fantastic evening filled with smiling faces.

It's October already? Yes, and that signals that we are approaching the midpoint of the first marking period. Please take the time, if you haven't done so already, to check in on your child’s progress in each of his/her classes by visiting the Genesis parent portal. If you have any concerns, contact your child’s teachers or a school counselor.

September Students of the Month

Each month, Cinnaminson Middle School recognizes three individuals as our Students of the Month. These students are nominated by their teachers for their academic achievement and positive attitude. Additionally, each month students will be nominated who adhere to the core character values of our school. For the month of September, the focus was on RESPONSIBILITY.

6th - Lauren Parone
7th - Ryan Malinowski
8th - Nicole Correia

Congratulations to all!

Special thanks to our Home & School Association for providing gifts to our student honorees.
Important Dates

October 4th ~ Dance 7 - 9:30 PM
October 9th ~ In-Service Day **NO SCHOOL**
October 14th ~ Picture Day
October 15th ~ Board of Education Meeting
October 22nd ~ Internet Security Assembly
October 23rd - 31st ~ Red Ribbon / Spirit Week
October 31st ~ District Band Day

There are two concerns that I would like to address with parents as they represent a growing threat to child health and safety.

First, the near epidemic spread of vaping among young people is a concern for all of us. This is particularly troubling given the recent news of the many hazards to one’s health that can be a result of this addictive habit. It may seem less of a concern among middle school students, but we have had incidents in school and statistics show a dramatic increase in vaping among this age group. Please see the links below for more information about how we can help keep our young people away from this threat.


**The Tobacco Industry Wants You:** [https://incorruptible.us/](https://incorruptible.us/)

**From the New Jersey Department of Education:**
[https://homeroom5.doe.state.nj.us/broadcasts/2019/SEP/18/20605/Public%20Awareness%20Campaign%20on%20Vaping.pdf](https://homeroom5.doe.state.nj.us/broadcasts/2019/SEP/18/20605/Public%20Awareness%20Campaign%20on%20Vaping.pdf)

Second, the potential for conflict, inappropriate comments, bullying, and worse increases dramatically with the improper use of social media. Our students are connected to the internet most of their day as a result of the many tools available to them for such access. We believe teaching them proper use is critical, as shutting down all access is nearly impossible in our ever more internet reliant society. There are great educational benefits as a result of the resources available online. We must work together in the interest of our young people to ensure that they understand the risks and consequences of inappropriate use. Our administrative staff,
counselors, and School Resource Officer recently met with all students in small groups to discuss these important issues and we will continue to emphasize the risks associated with these behaviors throughout the year. In addition, on October 22nd, we have representatives from the Burlington County Prosecutor’s Office coming to speak to our students about the risks of online social media misuse.

Week of Respect

All New Jersey Public Schools recognize the “Week of Respect” during the first full week of October. Our theme for Week of Respect is "Superheroes"...What's your inner superpower?

Students will participate in a homeroom activity, creating a superhero which reflects what their superpower is and how it benefits the school and local community. We will also have theme days (Homeroom classes will receive points based on student participation). The homeroom with the most points per grade will receive a special prize.

- Monday - Wear Blue (World Day of Bullying Prevention)
- Tuesday - Dress up in your favorite superhero gear or wear a superhero shirt.
- Wednesday - No school
- Thursday - Wear your favorite sports team jersey. Team up against bullying!
- Friday - Pirate Pride Day! Wear your Cinnaminson pirate gear or our school colors.

Winter Sports

Winter sports sign-ups will begin the week of September 30th for wrestling (6th - 8th grade boys) and basketball (7th & 8th grade boys and girls). Physicals are required in order to play. The school doctor will be at CMS on October 16th and 30th for sports physicals for winter sports only. You have the option of seeing the school doctor or going to your private doctor.

Basketball tryouts will begin on Tuesday, November 12th.

Wrestling practice will begin on Monday, December 2nd.

Paperwork/forms for sports can be found on the CMS webpage. Athletes were given a sheet with information and instructions on how to obtain a copy of the winter info packet.
THE NEXT GENERATION OF BOX TOPS IS HERE

Box Tops is changing to fit today's families. The new and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

MORE CONVENIENT: Redeem anywhere, anytime within 14 days of purchase
EASY TO USE: No more clipping or sending Box Tops to school
REAL TIME: Your school's earnings are automatically updated online
EXTRA CASH: Access special bonus offers on top of your Box Tops earnings

THE OLD BOX TOPS CLIPS

Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip and send them to school.

Every valid Box Tops clip is worth 10¢ for your school. Make sure each one has a clearly visible product acronym and expiration date.

* All valid Box Tops clips submitted per the Program Rules by a Coordinator(s) of (an) eligible, enrolled school(s) will be honored.

THE NEW BOX TOPS LABELS

Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Top label.

If you see this label, use the new Box Tops app to scan your receipt. Box Tops are still worth 10¢ each for your school. The app will find participating products purchased at any store and instantly add cash to your school's earnings online.
Week of Respect

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- We will also have theme days (Homeroom classes will receive points based on student participation). The homeroom with the most points per grade will receive a special prize.
  - Monday - Wear Blue (World Day of Bullying Prevention)
  - Tuesday - Dress up in your favorite superhero gear or wear a superhero shirt.
  - Wednesday - Wear rainbow or neon colors to show your support for our differences.
  - Thursday - Wear your favorite sports team jersey. Team up against bullying!
  - Friday - Pirate Pride Day! Wear your Cinnaminson pirate gear or our school colors.

Red Ribbon Week ~ October 23-31

STOP students will be helping promote Red Ribbon Week by spreading awareness about drug and alcohol prevention. They will participate by pairing up with Student Council during Spirit Week, as well as having homerooms participate in a school-wide activity.
Club & Activity Meeting Days

Monday:
Art Club Rm 130
B.L.A.S.T. Rm 110
Drama Club Rm 134
Jr. Cinnamentors Rm 114
Science Club Rm 128

Tuesday:
Cinnaminson Select Singers Rm 134
6th Project Challenge Rm 216
S.T.O.P. Rm 105
Girls Who Code Rm 125

Wednesday:
Battle of the Books 5/6th Rm 112
Dance Club Cafe
Environmental Awareness Club Rm 102

Thursday:
Jazz Band Before School Rm 132
Battle of the Books 7/8th Media Center or Rm 202
S. H. O. C. K. Rm 114
Strings Choral Room
Yearbook Club Rm 201

Student Senate, Unity Club, and Homework Club TBD
STUDENTS SHOULD BE SURE AND CHECK FOR THEIR BELONGINGS WHEN EXITING THE BUS, CAFETORIUM, GYM AND CLASSROOMS.

Looking Ahead...
November 5 ~ In-Service - No classes for students
November 6 ~ 1st Marking Period Ends
November 7&8 ~ Teachers’ Convention - No School
November 11 ~ 2nd Marking Period Begins
November 12 ~ Veteran’s Recognition Program
November 13~ Veteran’s Visitation and Group Photo Day
November 18 ~ Picture Makeup Day
November 19 ~ Board of Education Meeting
November 22 ~ Report Cards Available
November 27 ~ Single Session 12:22 Dismissal - NO LUNCH
November 28 ~ Thanksgiving - No School
November 29 ~ No School
Pay Attention to Attendance:  
Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student’s academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

**DID YOU KNOW?**

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student’s academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

**WHAT YOU CAN DO**

**Make school attendance a priority**

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night’s sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don’t let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

**Help your teen stay engaged**

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child’s social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

**Communicate with the school**

- Know the school’s attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child’s attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you’re having trouble getting your child to school.
Want your child to learn to code and change the world?

Encourage your child to join the Girls Who Code Club!

WHAT IS CODING?
Coding is, very simply, writing commands to instruct a computer to do something in a programming language it can understand. When your child learns to code, they learn to “speak” one of these different programming languages so that they can communicate directly to the computer and create animations, games, apps and other things that they dream up!

WHAT IS A GIRLS WHO CODE CLUB?
Girls Who Code Clubs are free after-school programs for girls to join our sisterhood of supportive peers and role models, and use computer science to change the world. Through fun and interactive curricula, Club girls not only learn about how to positively impact their community through code, but they are also taught to be brave and resilient -- which has an enormous impact on how they approach challenges and whether they stick with coding in the years to come.

WHAT HAPPENS DURING A CLUB MEETING?
In a Girls Who Code Club, girls are able to learn from fun and simple online coding tutorials, build community through interactive activities, and learn about inspiring role models. They then work in teams to design and build a Girls Who Code Project that solves real world problems they care about through code.

POINT OF CONTACT:  Mrs. Mulville (CHS - E169) or Mr. Spier, Room (CMS -125)
DATES:  Tuesdays, starting October 8th, 2019 (continuing for 15 weeks)
TIMES:  2:35 – 3:30 PM at Cinnaminson Middle School (Bus transportation will be provided for the high school girls to get to the Middle School.)
HOW TO SIGN UP:  See Mrs. Mulville (E169) or Mr. Spier, Room (125)
or join this year’s Google Classroom (9omypl)
Brain-friendly studying

Active study strategies like drawing, moving around, and teaching information to others help to cement material in your tween’s brain. They also make studying more fun! Share these techniques.

Make a meme

Encourage your middle grader to create memes inspired by topics she’s studying. For Newton’s laws of motion, she could draw herself as a soccer goalie blocking a shot. This shows that an object in motion (the ball) stops when a force (the goalie) acts upon it. Her caption? “Thanks for the win, Newton!”

Get moving

Combine fitness with studying. Have your tween list six movements, such as lunges, burpees, and toe touches, and number them 1–6. As she finishes studying each page or section, she can roll a die and review out loud while doing the matching exercises (describe the three branches of government as she does three lunges).

Record a podcast

If your child can teach a concept to someone else, that means she really understands it. Suggest that she record a podcast explaining an algebraic formula and share it with a classmate, for example. Idea: She and her friends might make a group podcast interviewing each other about a historical event or science lab.

A successful juggling act

Middle graders juggle classes, responsibilities at home, and activities. Help your tween keep all those balls in the air with this system.

Sort tasks. Each week, have your child create a three-column chart for School, Activities, and Home. Then, he could list obligations: “French essay due Thursday” under School, “Get supplies for cross-country car wash Saturday” under Activities, and “Do laundry” under Home.

Use time wisely. Your tween can choose tasks to match his pockets of time. For instance, if you say you’ll take him to buy car-wash supplies in 10 minutes, he might sort his laundry in that small time slot. Then, maybe he’ll start on his essay when he gets home and has an hour before dinner.
Effective expectations

Setting a high achievement bar for your middle schooler will inspire him to leap high. Follow these steps to put realistic expectations in place.

1. Decide what’s doable. Perhaps your child got a C in English last year. Rather than expecting him to earn an A this year, tell him you expect him to bring up his grade.

2. Focus on what matters. Keep communication clear by saying exactly what you mean. If your middle grader wants to quit the debate team, you might say, “I expect you to stick to your commitments” rather than “You have to do debate.” That means he’ll need to finish the competition then make a plan to raise it. Or he could plan to spend extra time practicing for his next debate.

Are we there yet?

Arizona, Missouri, Louisiana...does your child know where each state is located? Help her explore geography by playing this game.

Materials: large U.S. map, paper, pencil, scissors, hat, game tokens, die

Ask your middle grader to list all the states’ names on a sheet of paper (she can refer to the map) and cut them apart to make 50 slips. Put the slips in a hat, and let each family member pick one.

Place the U.S. map on the floor, and have each person put a token on the state you live in. Then, take turns rolling a die and moving that number of states—with the goal of reaching the state she drew. The first player to land on the state she drew wins.

The importance of integrity

Q I’ve heard that some students cheat on tests by looking up answers on their phones. How can I keep my daughter from doing something like this?

A Tweens may not consider “e-cheating” to be as serious as copying from a classmate’s paper. Explain to your daughter that any type of cheating is wrong and that you consider honesty more important than high grades.

Role-play what to say if a classmate asks her to cheat, perhaps by texting answers. For instance, she could say, “I like to do my own thing” or simply “No thanks.” She’ll feel good about doing what’s right.

Also, remind her to obey school rules for technology use like leaving her phone at home or in her locker. This will help her avoid the temptation to cheat and make it easier to resist pressure from others.

On the move

When my son Rory was younger, he’d spend hours playing outside with his friends. Now that he’s older, he and his buddies would rather play video games.

At his annual checkup, I asked the pediatrician how much exercise Rory needs. The doctor said children—and adults—should be active at least an hour a day. He suggested that when Rory has a friend over, I encourage them to do something active. And he recommended that we stay active as a family, maybe by going for walks or bike rides.

Rory must have been paying attention to the doctor, because he recently invited some friends to go Rollerblading. And this Sunday after dinner, we’re going to ride our bikes around the neighborhood. I’m looking forward to being more active, too!